

VITAL SIGNS



VOL III No. 4 Naval Regional Medical Center, Orlando, Florida

1 January 1981

At long last
It's ours!!



Photo by A. D. Salekor, DPM

See "News Notes on the New Facility" - Page 5

Noted for excellence - December Inspection

LCDR P. F. Truran, MSC
 LCDR J. F. Leonard, MC
 CWO2 M. L. Popovich, PA
 HMC J. E. Silvers
 HMC G. Turner
 HM1 R. L. Wimmer
 HM3 R. M. Shy
 HN C. Torres
 HA D. A. Orf

We're sorry you're leaving!

HM3 R. Cockman to NOSA, Yorktown, VA
 HM2 J. Higgins to civilian life
 HM3 C. Mace to civilian life
 HN K. Cooks to FMSS, Camp Pendleton,
 and FFT to 3rd MarDiv
 HN B. Horner to NRMCM, San Diego
 HM1 E. Kautzman on Separation Leave
 and transfer to Flt Res
 HM2 P. Campbell to civilian life
 HM2 D. Bement to OCS Newport
 HM3 L. Davis to FMSS, Camp Lejeune,
 and FFT to 3rd MarDiv
 HN M. Brennan to FMSS, Camp Pendleton
 and FFT to 1st MarDiv
 HM3 I. Martinez to NRMCM, Guam

Whoeeizzit???

DO YOU KNOW THIS STAFF MEMBER? (Answer
 on Page 8.)

We're glad you're here!

HM1 B. McQuigg from 2nd MarDiv, Camp
 Lejeune
 HN D. Goudeau from NSHS, San Diego
 HA R. Foxx from HCS, Great Lakes
 HA S. Mutaali from HCS, Great Lakes
 HA C. Forsman from HCS, Great Lakes
 HR M. Douglas from NSHS, San Diego
 HR M. Swartz from NSHS, San Diego
 HR T. Holt from NSHS, San Diego
 HR E. Mapps from NSHS, San Diego
 HR A. Taylor from NSHS, San Diego
 HM3 R. Pumphrey from NRMCM, Charleston
 HR L. Holton from HCS, Great Lakes

I'm only onx pxrson

Xvxn though my typxwritxr is an old
 modxl, it works quitx wxll xxxcpt for onx
 of thx kxys. I havx wishxd many timxs
 that it workxd prxfxctly. It is trux that
 thxrx arx forty-six kxys that function
 wxll enough, but just onx kxy not working
 makxs thx diffxrxncx.

Somxtimxs it sxxms to onx that our
 group is somxwhat likx my typxwritxr --
 not all thx pxoplx arx working proprly.

You may say to yoursxlf, "Wxll, but
 I'm only onx pxrson and won't makx much
 diffxrxncx." But, you sxx, thx group, to
 bx xffxctivx, nxxds thx activx participa-
 tion of vxvry pxrson.

So, thx nxxt timx you think you xre
 only onx pxrson, rxmxmbxr my typxwritxr
 and say to yoursxlf, "I'm a kxy pxrson
 and nxxdx vxrv much."

Vital Signs Staff

Editor:
 HMCM(SS) R. C. Clements, USN
 Managing Editor:
 Mary V. Van den Heuvel
 Nursing Service Subeditor:
 LT G. Holeman, NC, USN
 NRMCM Annex Subeditor:
 MMCM H. T. Hill, USN

VITAL SIGNS is published in compliance with NAVEXOS-P35 (Rev. JAN74) and printed by the Navy Publications and Printing Service Branch Office, Orlando, from appropriated funds.

Commanding Officer: CAPTAIN J. A. ZIMBLE, MC, USN
 Editor: HMCM(SS) R. C. CLEMENTS, USN

Content of this publication does not necessarily reflect the official views of the Department of Defense. All copy submitted for use in VITAL SIGNS must reach the Editor's Office, H-008-1, Bldg. 3000, by noon of the 16th of the month.

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RAMP**PAGE!****How would you feel if the CO of NRMC Orlando was a woman?**

Jim Matthews, Annex Driver:
I wouldn't feel any different. With due respect for Capt Zimble and other male CO's, I would give the same due respect to a woman because I feel she would have earned her right to command.



Joyce Dover, CO's secretary:
The sex of the CO would not make any difference to me. It is the position that deserves the respect.

HM3 Jan Flack, Orthopedics:
I don't see any reason why a woman couldn't be CO. It wouldn't make any difference to me. She can do the same job as a man.



CAPT Zimble, CO:
No problem.... as long as it doesn't happen on my watch!



HN Elizabeth Owens, Ward 10:
You certainly could say, "You've come a long way, baby!"

LTJG Mary Porterfield, NC,
Ward 12: If she is well qualified and capable, why not?



LAB LINE

By LCDR J. D. Cotelingam, MC, USNR

Christmas... was a time for giving

What Christmas gift could one give, that costs nothing, but would have immeasurable value to another human being? How about a blood donation? A group of students from Basic Electricity and Electronics School, a component of Service School Command, gave such a Christmas present to help our Blood Bank cover the holiday period. BE&E students have donated over 800 units of blood to the NRMC Blood Bank in 1980, and have been extremely responsive to our needs for blood

and blood products. The response to our request brought in wall-to-wall donors. Our good friends, the American Red Cross Volunteers, provided help for the Donor Center Canteen, monitoring the donors and serving refreshments. As usual, the NRMC Transportation Department made an exceptional effort in transporting the donors to and from the Blood Donor Center. The result of all this teamwork was a very successful blood donor draw and a safe blood inventory level for the holidays. Our sincere appreciation goes out to all the donors who supported our blood program this past year. Many patients at NRMC were able to regain their health because the right blood was available for them when they needed it. We thank you on behalf of those grateful patients.



Wall to wall



SN Dale Haaversen



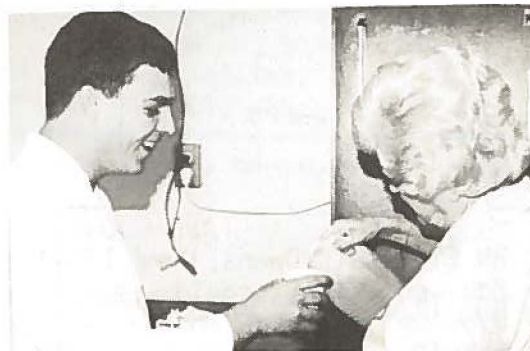
CDR Pratt and SN Bobbie Bragdon



SN Lisa Falco

SN Sarah Rasmussen and
HM1 Adgate

SN Judy Gaines

SN Paul Guldenschuh and ARC Volunteer
Dee Bischoff

NURSING**SERVICE**

By LT Greg Holeman, NC, USN

Happy New Year!

So long, 1980. You tried us and we won. We all learned a great deal from you. You forced us to do something we have, for some years past, neglected to do. We are acting collectively like Americans again. Proud of our country and God and our values as a free and independent nation. Yes, you forced us to look inside ourselves. We won and we thank God for it.

Next year will be even better as we exercise our freedoms to live, worship, and excel in whatever manner we choose. As we do so, the benefits from our decisions will greatly enhance the honor and pride our shipmates have so gallantly and proudly displayed - not just in our time, but for several hundred years.

As service members, we have so much to be thankful for as we approach the New Year. Our decisions to continue service, improve our care and caring, to be proud of and defend our right to be free, will surely make 1981 one of the greatest, most rewarding years of our lives. Happy Holidays from all the Nursing Service Staff.

A point of leadership!**FEDERAL WOMEN'S PROGRAM**

By Carolyn Smith, NRMCC'S FWPM

Let's make a New Year's resolution

With the start of a New Year, let's try to have a better turn out for the Federal Women's In-House Programs.

This month's Captain's Call, with Captain Zimble, is scheduled for Tuesday, 13 January at 1530 in the William G. Lawson Room on Ward 17. Submit your questions early so Captain Zimble can research and give an accurate answer.

Anyone interested in being the next Federal Women's Program Manager please call Carolyn Smith, X5665, or LT Ulcickas, X5603.

Fresh ideas are needed for the Programs -- call me with yours!

Cut it out!

Beginning with the first week in February, Smoking Cessation Classes will be held the first week of every month. The course is made up of five sessions which will be held from 7 - 9 p.m. on Ward 17. For specific dates and/or further information, call ES0, X4751.

Our 1980 Christmas Party

We had the spirit!





We couldn't get along without them

Hospital Navy Exchange



Ruth Ellis and Freida Davis



Alice Berkley



Jim Meta, Manager



Pete Bruno



Sheila Sledge



Donald Dodson



Creston Helton



Diana McFarland



Lydia York



Mamie Bostic

... From the other side!

By LCDR R. W. Black, MSC, USN

What's happening

The NRMCM Annex has been undergoing a "face lift" for the past few months and will continue to receive a "shot in the arm" now and then in order to meet the International Life Safety Code requirements. For the first time in several years, we will be able to meet the Joint Commission for the Accreditation of Hospitals and Inspector General requirements for physical plant inspection purposes.

Since October 1980, a \$400,000.00 BUMED funded project has added windows that open, additional fire sprinklers, fire dampers within the ducts, smoke doors, fire walls, door grill covers, an emergency generator along with other electrical changes and handicap facilities within Building 246.

The next project is starting in January and will take forty-five to sixty days and cost approximately \$130,000.00. The project will replace the cooling towers and both air conditioning units. This is the project everybody in the building has been waiting for. In the past, there was an on-going "pool," participated in by all hands, betting on the hour that the air conditioner would go out, how hot it would get during peak working hours, and who would or would not get the three fans that were available. I never won the "pool," but my phone call activity certainly increased with complaints every time it went out. (I did get a fan once!)

The last project will run concurrently with the installation of the air conditioners and cost \$70,000.00. This will be the transformer to handle all of this electrical flow and permit us to return the transformer we had borrowed from Public Works.

Needless to say, everybody at Building 246 is in a state of ecstasy over the air conditioning project -- a gift from Santa! We are all looking forward

News notes on the new facility

On 12 December 1980, the Navy officially took "beneficial occupancy" of the new facility.... in other words, the Navy now owns it! We are the keeper of the keys! How close does that put us to "move in" day? Well, at this point, that means within 90 days we MUST be fully operative. (Wonder if that means we should "beware of the ides of March?") Now, even though the Navy owns this building, there is still some work the contractor has yet to accomplish; so, you will still see busy people with ladders, tools, and paint brushes scurrying up and down the halls.

The first milestone to be accomplished within the 90 day time frame will be 21 days from December 12th. At that time, the old dining facility, the old warehouse, the morgue, the old dermatology clinic, the old psychiatric wards, and wards 3 and 4 will be demolished to make way for the construction of the major outpatient parking lots. This is going to affect all of us "sidewalk superintendents" because it will be necessary to re-route the traffic around the hospital compound. Prior to this happening, detailed instructions for the change in traffic will be published in the Plan of the Day.

In our next issue of Vital Signs, LCDR Elster, our Medical Construction Liaison Officer, will provide us with a schedule of events leading to the formal dedication ceremony which will be held on 23 April 1980. Our honored guest at the dedication will be Vice Admiral J. William Cox, the Surgeon General of the Navy.

We know the majority of staff members have not even had a peek inside the new facility so plans are in the mill to arrange tours. Approximately three weeks before P. O. D. (Patient Occupancy Date), and before the Surgical Suites, Recovery Rooms, and Delivery Suites are sterilized, orientation tours for staff members and their families will be arranged.

to "cooling it" next summer. With that thought in mind, the staff "from the other side" would like to wish everyone a very, very Happy New Year.... we know ours will be happy!



Chaplain's Comments

By CDR W. E. Tumblin, CMC, USN

What time is it?

"To every thing there is a season, and a time to every purpose under the heaven:" Ecclesiastes 3:1

Time-consciousness ebbs and flows for all of us, but peaks for most of us this time of year. School-age children are conscious of having "time-off." Employers and employees actively count cumulative "over-time" and "vacation-time." We "count time" until the beginning of the New Year from Times Square, N.Y. to the first watch of the year aboard ships around the world. We note the number of days our hostages have been held in Iran. And the "time-keepers" of the bowl and play-off football games perform crucial functions as we look on. Military service is referred to by some as "putting their time in."

Most of us panic when we feel the burden of time - especially when we are "behind time" in accomplishing a task. Inevitably, someone then recites the famous "Law of the 6 P's:" proper prior planning prevents poor performance.

It's time for me to come to the point of all this. Commit yourself to one overarching demand for 1981 if you would trustingly grow close to the God who is from everlasting to everlasting: "Take time to be holy."

With joy in their hearts...

Christmas Carols echoed throughout the ramps and wards of the hospital during the holidays as the NTC Orlando Inspirational Singers raised their voices to herald the approach of Christmas. The NTC group, supplemented by volunteers, entertained the patients on three different nights: on the 18th, they visited Wards 4, 6 and 9; on the 19th, they visited Wards 10, 11 and 12; and on the 20th, they sang their Christmas message throughout all areas of the hospital. Their unselfish efforts to cheer the patients at Christmastime was greatly appreciated.



Surrounding the pianist, HN Earl Mc-Million (from left to right) RP2 Altheia Wright, Director, MS2 Denise Walter, YN2 Barbara Anderson, and HR Murray Marabillas. Other members of the NTC Orlando Inspirational Singers, not pictured, are: DT3 Olivia Counts, HN Eddie Paige, HN Ken Houston, and HA Rudolph Williford. The Christmas volunteers, who supplemented the group were: HR Murray Marabillas, HA Carol Jordan, and HA Greg Brown.

Congratulations to our recent Graduates!

Associate Degrees

HM1 John E. Craig HMC Joel A. Harmon;
HMC Lloyd F. Luyster
HM2 Garry J. Phillips
HM2 Jesus E. Piriz
HM2 Herman K. Richardson
HM2 Ronald B. Smith
HM1 William B. Trimble
HM1 Anthony J. Washington
RP2 Alethia L. Wright

Bachelor of Arts Degrees

ENS Samuel P. Alford, MSC
HMCM(SS) Robert C. Clements
HM2 Vinson E. Jacobs
HM2 Jesus E. Piriz
HM2 Garry J. Phillips
HM1 Winston C. Tedin
HMC Robert J. Wida



Master Shipwreck

HMCM(SS) R. C. Clements, USN

Now's the time

At the close of each calendar year, we all seem to concentrate on making resolutions for the coming year. Some resolutions we make are attainable and some are unreasonable or unattainable. During the recent graduation ceremony, conducted by Columbia College's Extension Program at Naval Training Center, I observed the culmination of some of those attainable resolutions.

It was indeed an honor and privilege to share in the graduation ceremony with many of our staff members here at Naval Regional Medical Center, Orlando. Many of the resolutions made earlier in life by these staff members were satisfied by being honored with Associate Degrees and Bachelor Degrees. All of those who participated are congratulated for this most significant accomplishment.

Many of us procrastinate after making a resolution to accomplish a goal or objective after the celebration of the new year has passed. Do not hesitate to take that first step toward self-improvement whether it be educational, monetary, or self-improvement of any kind. We are limited only by our own initiative and desire to excel. Start now and maybe next year your name will appear on the commencement program for one of the many colleges and universities available in the Orlando area.

Happy New Year and the best of luck for success in the future.

The key to success

is

Education

Master Chief Clements commended



RADM Miller presents Letter of Commendation

On 16 December, Master Chief Robert C. Clements received a Letter of Commendation from Rear Admiral F. H. Miller, Commander, Navy Recruiting Command, for his CHAMPUS briefings for NROU students. The letter, as well as an NROU plaque, was personally presented by the Admiral. The citation reads in part:

"You are commended for the outstanding assistance you provided to officer and enlisted recruiting students at Navy Recruiting Orientation Unit, Orlando, Florida. During the period December 1979 to December 1980, you were an integral part of the training process for students at the Navy Recruiting Orientation Unit. You provided briefings on the Civilian Health and Medical Program of the Uniformed Services for approximately 1,800 prospective Navy Recruiters. The recruiters, often stationed away from military installations, have expressed much appreciation for your time and effort to ensure they were well abreast of new and revised policies.

"Taking time..... to provide CHAMPUS briefings has had an immense and positive impact on recruiter morale and has contributed significantly to the accomplishment of the Navy Recruiting Command's mission.

"Your performance has been in keeping with the highest traditions of the United States Naval Service. It is with great pleasure that I commend you for your achievements while serving in this most important and demanding assignment. Well Done."



ASK THE SKIPPER



By CAPT J A Zimble, MC, USN

Adjust your fine tuning knob

Happy New Year! Looking for a New Year's resolution you will have trouble breaking? Let me suggest one. Consider fine-tuning your attitude towards your job in such a way that you look forward to coming to work early because of the intense satisfaction you receive in knowing you are doing your job well, thereby actively contributing to your command's mission. Tough? Impossible? Read on!

Fine-tuning your attitude is really no more than adjusting your perceptions. We all know we can convert a pessimist who sees his purse half-empty to an optimist who observes his purse half-full without adding a single coin.

Try the same perceptual modification around here. Instead of "fulfilling the requirements of the Instruction," how about "enhancing the intent of the Instruction?" Instead of "It can't be done because the Instruction doesn't say it can," why not "It can be done because the Instruction doesn't say it can't?" Rather than reluctantly facing the "same old thing" every day, why not eagerly look forward to something new this day?

Perhaps with an attitude tune up, instead of "It didn't happen on my watch," you can say "It happened on mine, and I'm proud of it." Then we can be assured that both you and NRMC Orlando will have a healthy and happy New Year.

Merit Staffing Program

All civilian employees are reminded that the Civilian Personnel Office maintains, on file, copies of Vacancy Announcements received from other Federal agencies, Navy and non-Navy. The Vacancy Announcements are maintained in the lobby in the east end of Building 2053, and employees may review them at that location.



CRA NOTES

By Joyce Sienia



CRA BIRTHDAY GREETINGS TO: Victoria McDougall and Betty White on 1 Jan; Peggy Billups and Larry Glenn on 5 Jan; Emogene Heismann on 6 Jan; Jean Long on 7 Jan; Nancy Lawson and Juliana Wilson on 8 Jan; Helen Howard on 10 Jan; Robert O'Hallaron on 11 Jan; Chaucey Jackson on 12 Jan; Willie McNair on 16 Jan; Deborah Pritchett and Patricia Alexander on 17 Jan; Shirley Robertson and William Stokes on 18 Jan; Joseph Robichaud on 22 Jan; Betty Schefield on 23 Jan; Elaine Billy, Gwendolyn County, Dorothy Tarrant, and Richard Tichy on 25 Jan; Joseph Kee, Muriel Lovejoy, and Betty Mullen on 27 Jan; and Joseph Kinzler on 31 Jan.

NAVY IT'S THE RIGHT TIME TO STAY

Whoooizzit?

It's Edna Swigonski, Secretary to Chief, Orthopedic Service. Edna started



work at the Naval Hospital 1 July 1968, which makes her a plank owner. Edna now has over 23 years of Federal service. In 1956, Edna's husband, William, a Navy flight crewman, was killed in a plane crash at the Naval Air Station,

Sanford, FL. Edna has three children: William, living at home with her in Sanford; Kathryn, married, and living in Woodstock, GA; and Mary Ellen, married and living in Chicago, IL. Edna claims Batavia, New York, as her hometown.